



WORLD FITNESS FEDERATION WORLD BODY BUILDING FEDERATION

Registration No. 304222948

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GENERAL RULES

Categories: there 5 divisions

There are 7 women categories:

1. Bikini class
2. Figure classic
3. Figure performance
4. Figure athletic
5. Bodybuilding
6. Aerobic performance

There are 5 men categories:

1. Muscle model
2. Body athletic
3. Bodybuilding
4. Aerobic performance

There are 4 disable categories

1. One leg disabled
2. One arm disabled
3. Wheelchair
4. General disabled

There are 2 mixed pairs categories

1. Mixed classic
2. Mixed bodybuilding

There are fit kids categories.

Rules:

- **All categories are divide into several sub categories: age, weight and length.**

- **When there is less than 3 competitors in a category or sub category the competitor should be placed in a other category or sub category (ex. -165cm go to -175cm or figure classic go to figure performance).**
- **The competitors must be member from WFF-WBBF.**
- **The competitors are free from federation they can compete in any federation.**
- The use of profane, vulgar or offensive language in posing music is prohibited.
- An athlete, male or female, may compete as a JUNIOR competitor from January 1st of the year in which the athlete reaches his or her, up to and including December 31st of the year in which the athlete reaches his or her 21rd birthday.
- May compete as a MASTER/MAN competitor in the category 40/50/ years of age from January 1st of the year in which the athlete reaches his, up to and including December 31st of the year in which the athlete turns 49 or 59 years.
- May compete as a MASTER/MAN competitor in the category over 60 years of age from January 1st of the year in which the athlete reaches his 60th birthday.
- May compete as a MASTER/WOMAN competitor in the category over 40 years of age from January 1st of the year in which the athlete reaches her 40th birthday.

Registration for contest:

- a. The registration for contest will do the technical committee together with head judge.
- b. Competitors will show their ID and or passport (official documents)
- c. Competitors will show their members document from their national federation.
- d. There will be a weight and length check up for the categories where necessary.
- e. The competitor's bodies will be checked to be in the right category.
- f. Free posing routine: music should be delivered at registration.
- g. Athletes get a number according to the contest.
- h. Membership for federation
- i. Fee for the contest should be pay.

Contest:

The contest will start with the least muscular category (fitness model) and continue so on to the most muscular category (bodybuilding). When a competitor is misplaced then they will be placed in the following right category.

Semi-finals:

The judging is in 2 rounds:

- Symmetry poses
- Compulsory poses

Finals:

The judging is in 2 rounds

- Compulsory poses
- Individual routines (only top 6)

Results and Awards ceremony:

Category awards:

- All the competitors will come on stage, the top 6 finalists will be called on front of the stage to take part in the award ceremony. The Master of Ceremonies will announce the number, name and country of the competitor in 6th place and will continue to the competitor in the 1st place.
- Competitors are expected to accept their places, medals and/or awards and to take part in the Awarding Ceremony to its end (photo session).
- Competitor, who ostentatiously manifests his disapproval and/or leave the stage prior to the end of the Awarding Ceremony, may be disqualified.
- Competitor, who placed first place they will wait for overall finals.